

Feeling Great-It happens when you make your move and eat right!



"Fitting" It In!

Daily activities such as brisk walking, gardening, dancing, and energetic vacuuming all add up to better health.

You don't have to buy expensive equipment, join a gym or take a class.

The key is to be active most days of the week. Adults need at least 30 minutes a day and children need at least 60 minutes a day.

If finding one block of time is too hard, ten minutes of activity several times a day will do the trick.

Choose the Active Way

Walk the dog

Walk to speak to a co-worker

Shop at the mall

Park further away and walk

Take the stairs

Take a 15-30 minute walk before you leave work

Walk or use a bicycle to run your errands

Instead of

The Sedentary Way

Letting the dog out the back door

E-mailing or phoning a co-worker

Internet shopping

Parking as close as possible

Taking the elevator

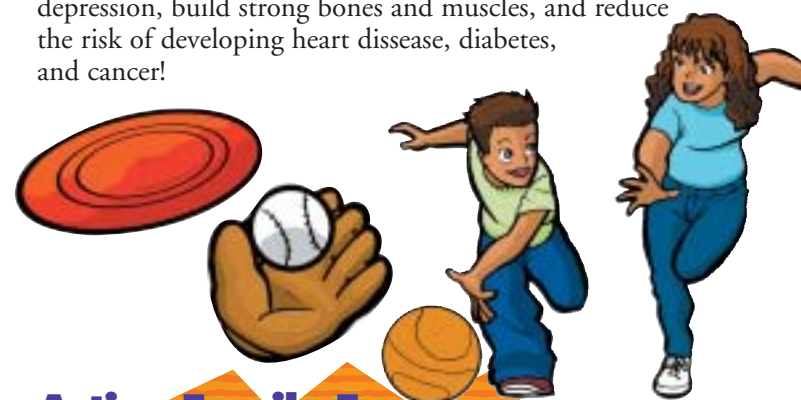
Leaving work and sitting in traffic for 15-30 minutes

Using the car to run errands



You get so much for so little!

Moderate physical activity can help control weight, manage your blood pressure, reduce anxiety and depression, build strong bones and muscles, and reduce the risk of developing heart disease, diabetes, and cancer!



Active Family Fun

Walk and Talk: Instead of sitting at home, take a walk and talk about your child's day. You can even do homework by practicing spelling words and multiplication tables! Make family activity part of your weekly routine.

Plan a Family Activity Adventure: Try hiking on an urban or rural trail, biking to visit friends and family or to the park, swimming at the community pool or going to the zoo.

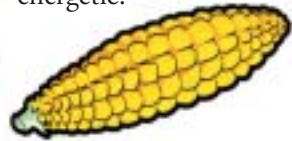
Household Jobs: Encourage your kids to help out around the house. You will be teaching them responsibility while helping them become active. Let them know that they can get plenty of physical activity by washing the car, walking the dog, vacuuming, raking leaves or many other chores. You can be creative and make a game of the work.

Indoor Fun: Make a space where kids can roll, jump, dance and tumble.

Traveling Locker Room: Put a box in the trunk of the family car that holds balls, a jump rope, Frisbee, kite and other active toys so that you will always be ready for active fun.



Mom always said “eat your greens.” Now, we’re learning that blues, reds, yellows, oranges, purples and even whites are good for you too. Phytochemicals are natural plant compounds that may provide a variety of health benefits. Many of the bright colors in fruits and vegetables come from phytochemicals. Eating low-fat meals that include 5 to 9 servings of fruits and vegetables every day is important to help you stay healthy and feel energetic.



Choose colorful fruits and vegetables every day:

Blue/Purple	Blueberries, plums, raisins
Green	Broccoli, kiwifruit, spinach
White	Bananas, cauliflower, pears
Yellow/Orange	Cantaloupe, oranges, carrots
Red	Cherries, pink grapefruit, beets

It's So Easy!

Eating 5-9 servings of colorful fruits and vegetables every day is easy.

One serving is:

- ◆ 1 medium piece of fruit
- ◆ 3/4 cup 100% fruit or vegetable juice
- ◆ 1/2 cup fruit or vegetable
- ◆ 1 cup leafy greens
- ◆ 1/4 cup dried fruit
- ◆ 1/2 cup cooked dried beans or peas

A Healthy Way to Supersize!

- ◆ Take a small green salad and add colorful chopped vegetables like radishes, carrots, broccoli or tomatoes.
- ◆ A fruit snack becomes a colorful fruit salad when you add cantaloupe, watermelon, blueberries or strawberries.
- ◆ Pasta with tomato sauce is delicious with added chopped or grated vegetables like carrots, squash, onion or red pepper.
- ◆ Take a baked apple and add raisins.

Healthier Choices!

Instead of:

Soda or coffee
Chips, candy or cookies
French fries
Cream soup
Cake or sweets

Choose:

100% juice
Dried fruit or raw vegetables
Baked potato
Leafy green salad
Fruit dessert

Tropical Blueberry Smoothie

- ◆ 1 can (8 ounces) crushed pineapple, drained
- ◆ 1 ripe banana, sliced
- ◆ 1 cup 1% milk
- ◆ 1 cup fresh or frozen blueberries or other fruit

Combine pineapple, banana, milk, and blueberries in blender. Cover and blend until thick and smooth. Serve immediately.



Bagel Faces

- ◆ Bagel
- ◆ Peanut butter or low-fat cream cheese

Assorted Toppings:

- ◆ Grated carrots
- ◆ Sliced carrots
- ◆ Red peppers, sliced
- ◆ Green peppers, sliced
- ◆ Cucumber slices (cut in halves)
- ◆ Raisins
- ◆ Grapes



Cut bagel in half. Spread peanut butter or low fat cream cheese on bagel. Top with assorted toppings. Be creative to make it look like a face. Makes two servings.



This publication is funded by the Preventive Health and Health services Block Grant from the Centers of Disease and Prevention (CDC). Its contents do not necessarily represent the views of the CDC.

If you need this publication in alternate format, please contact the ADHS Public Information Office at 602-364-1201 (voice) or (800)-367-8939 (State TDD/TTY Relay). Arizona Department of Health Services • 150 N. 18th Avenue, Suite 300 • Phoenix, AZ 85007-3228 • (602) 364-2401